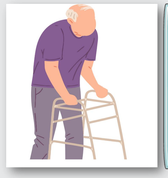
FRAILTY, AGE, AND POST-BARIATRIC SURGICAL OUTCOMES

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INTRODUCTION



When patients of an advanced age and experiencing significant physical decline are exposed to a stressor, they are at increased risk of developing a disability due to their body's diminished resilience and lower reserve to adapt.



It is unknown whether bariatric surgery, ordinarily a stressor for patients, would be beneficial for those who are living with frailty by helping them become stronger and more mobile.



Our objective is to determine whether bariatric surgery will improve the quality of the aging process for older patients and modify their ability to meet their health and well-being goals.

METHODS

Goal of enrolling 150 patients

Prospective, single center study

Pre-operative evaluation via the Johns Hopkins validated frailty score

Post-operative evaluation at 3-months, 6-months, and 12-months

Post-operative weight loss also recorded

PRELIMINARY DATA RESULTS

Based upon preliminary data patients observed, undergoing bariatric surgery and subsequent body mass reduction decreased the the frailty and disability experienced by older patients by increasing agility, strength, mobility, and weight loss.

Patients with average age of 65.5 years observed 3 months post-operatively



Time up and go (TUG) has decreased 22.5%

- Speed decreased from an average of 12 seconds to 9.3 seconds



Grip strength increased by 7.5%

- Average grip increased from 33.11 kg to 35.48 kg



Walking speed increased by 11.14%

- Walking speed increased from 5.34 seconds to 4.75 seconds



Weight loss increased an average of 14.8%

- Pre-operative average weight of 306 lbs to post-operative average weight of 260.72 lbs

CONCLUSION

Determining whether the stressor of bariatric surgery is preferable to the stressors of morbid obesity for patients living with frailty will have an important impact upon the health outcomes of these patients.

Although still in the preliminary stage, this study will help physicians and patients make better decisions together about whether bariatric surgery is worth the stress due to the expected improvements in the progression of their aging process and their quality of life for their remaining years.

Given the number of patients who will be reaching ages of advanced years in the coming decade, the outcomes of this research will be an important point of discussion for a significant number of people who may benefit, rather than deteriorate, from this surgery.

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